

Tennessee Behavioral Risk Factor Surveillance System

State Added Questions Report

2016

~

**Hypertension Awareness
Cholesterol Awareness
Adverse Childhood Experiences
Veteran's Health
Prescription Drug Abuse**

Acknowledgments

Tennessee BRFSS project staff would like to express their gratitude to all of the respondents who took time to participate in the survey. Their information will provide public health professionals and researchers a better understanding of the health and prosperity of adult Tennesseans.

Project staff would like to acknowledge the BRFSS data users across the state, our project partners, as well as our contractor for phone operations. Special thanks to all members of the Office of Surveillance, Epidemiology, and Evaluation for their contribution to this report.

This publication was made possible by grant number 6 NU58DP006049-01 from the Centers for Disease Control and Prevention. The contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

Overview

The Tennessee Behavioral Risk Factor Surveillance System (TN BRFSS) is a telephone survey given to randomly selected adult (18+ years) non-institutionalized Tennesseans via a landline or cell phone call each year. Information collected is used in aggregate to generalize the overall health, well-being, and behaviors of the entire Tennessee adult population.

State-added questions, the focus of this analysis, are those questions that were not included in the core or optional modules of the survey for the corresponding year. These questions may have been used in previous core or optional modules from any previous data year or may be new questions altogether. In either case they must have been field tested, cognitively tested, and approved for use by the Centers for Disease Control and Prevention.

The State-added questions in this report have been used as optional modules in previous years. They were selected by data users across Tennessee in order to collect continuous data for their program's data needs or in anticipation of prospective data collection.

Data users who are interested in including other State-added questions to the TN BRFSS questionnaire should feel free to make their case at the bi-annual TN BRFSS Data Users Group meetings or by contacting the TN BRFSS Coordinator (contact information below):



Galen Conti, MPH | BRFSS Epidemiologist/Coordinator
Office of Surveillance, Epidemiology, and Evaluation
Division of Policy, Planning, and Assessment
Andrew Johnson Tower, 2nd Floor
710 James Robertson Parkway, Nashville, TN 37243
p. 615-532-7890
galen.conti@tn.gov



Tennessee Department of Health
Division of Policy, Planning, and Assessment
Office of Surveillance, Epidemiology, and Evaluation

Hypertension Awareness

1. Tennesseans with high blood pressure
2. Tennesseans who take medication to lower their blood pressure

Tennesseans with High Blood Pressure

TN BRFSS asks:

Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

SAS Variables Used

BPHIGH4

Dispositions

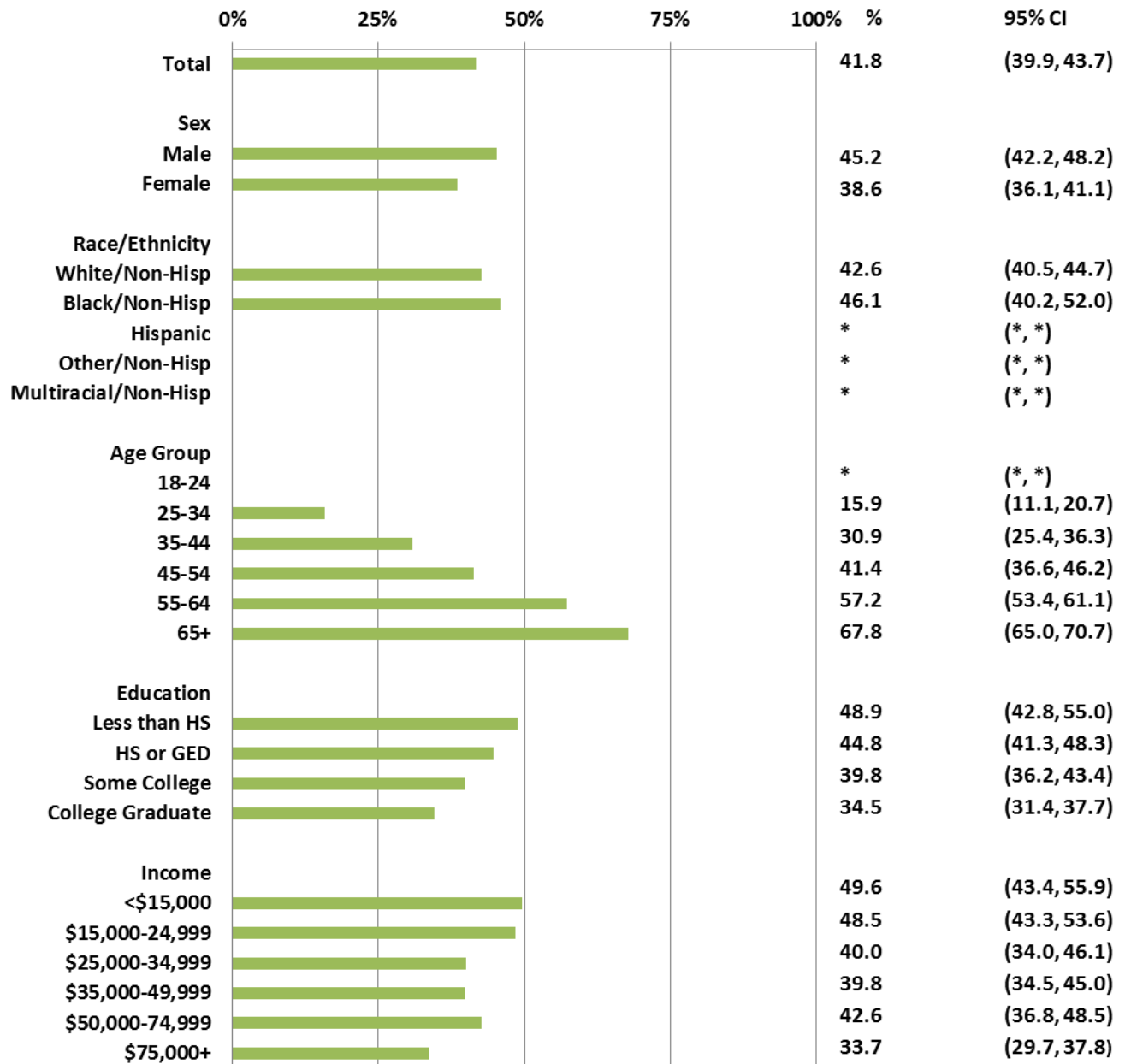
The question allows the respondent to answer with “yes,” “no,” “yes, but during pregnancy,” and “borderline or pre-hypertensive.” For the sake of these analyses, only “yes” and “no” responses were used.

Key Findings

- Tennessee statewide: More than 2 out of 5 (41.8%) Tennesseans have been told by a doctor or health professional that they had high blood pressure.
- **Sex: Men were more likely to have high blood pressure than women.**
- Race/ethnicity: Black non-Hispanics were more likely to have high blood pressure than white non-Hispanics.
- **Age: Older Tennesseans were more likely to have high blood pressure than younger Tennesseans.**
- **Education: College graduates were less likely to have high blood pressure than those with less than a high school diploma.**
- **Income: Tennesseans earning \$75,000 or more per year were less likely to have high blood pressure than those earning less than \$25,000 per year.**

***Bold text** indicates statistical significance

Tennesseans with High Blood Pressure, 2016



Tennesseans who take Blood Pressure Medication

TN BRFSS asks:

Are you currently taking medicine for your high blood pressure?

SAS Variables Used

BPMEDS

Dispositions

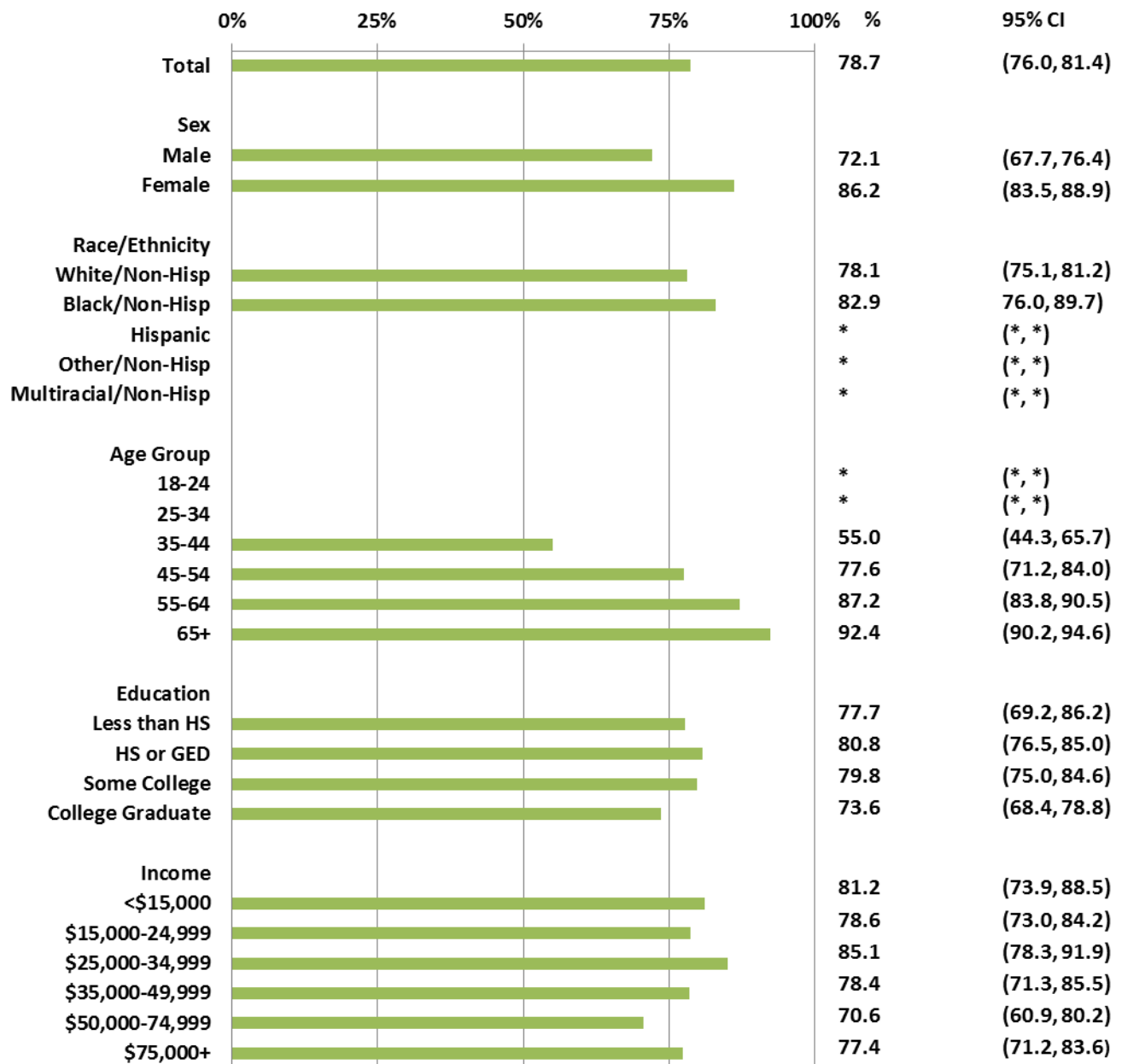
Only respondents who answered “yes” to having high blood pressure are asked this question. The question allows a “yes” or “no” choice for the respondent. All responses for “yes” are included in these results.

Key Findings

- Tennessee statewide: Almost 4 out of 5 (78.7%) Tennesseans with high blood pressure take medication to lower their levels.
- **Sex: Women were more likely to be on blood pressure medication than men.**
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- **Age: Older Tennesseans with high blood pressure were more likely to be on blood pressure medication than younger Tennesseans with high blood pressure.**
- Education: No significant difference was observed among levels of education.
- Income: No significant difference was observed among levels of income.

***Bold text** indicates statistical significance

Tennesseans who take Blood Pressure Medication, 2016



Cholesterol Awareness

1. Tennesseans who have ever had their cholesterol tested
2. Tennesseans who have had their cholesterol tested in the past 5 years.
3. Tennesseans who have been told by a doctor or other health professional that they had high cholesterol.

Tennesseans who have ever had their Cholesterol Tested

TN BRFSS asks:

Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?

SAS Variables Used

BLOODCHO

Dispositions

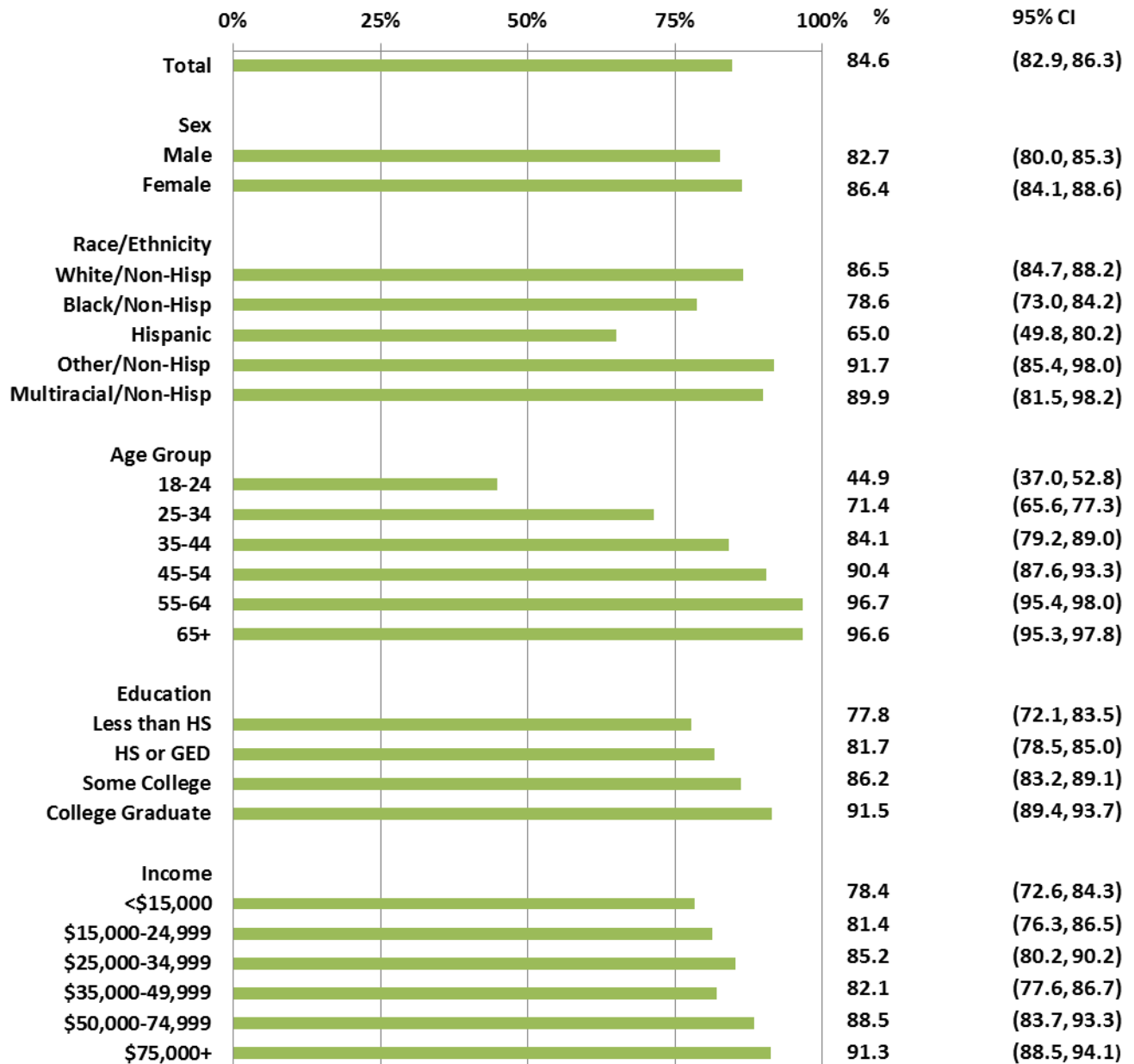
The question allows a “yes” or “no” choice for the respondent. All responses for “yes” are included in these results. “No” responses do not continue to the remaining two questions in the module.

Key Findings

- Tennessee statewide: More than 4 out of 5 (84.6%) Tennesseans have ever had their cholesterol checked.
- Sex: Women were more likely to have had their cholesterol checked than men.
- **Race/ethnicity: White non-Hispanics were more likely to have had their cholesterol checked than black non-Hispanics and Hispanics.**
- **Age: Tennesseans aged 45 years or older were more likely to have had their cholesterol checked than those aged less than 35 years.**
- **Education: College graduates were more likely to have had their cholesterol checked than those with less than a college degree.**
- **Income: Tennesseans earning \$75,000 or more per year were more likely to have had their cholesterol checked than those earning less than \$25,000 per year.**

***Bold text** indicates statistical significance

Tennesseans who have ever had their Cholesterol Tested, 2016



Tennesseans who have had their Cholesterol Tested within Past 5 Years, 2016

TN BRFSS asks:

About how long has it been since you last had your blood cholesterol checked?

SAS Variables Used

CHOLCHK

Dispositions

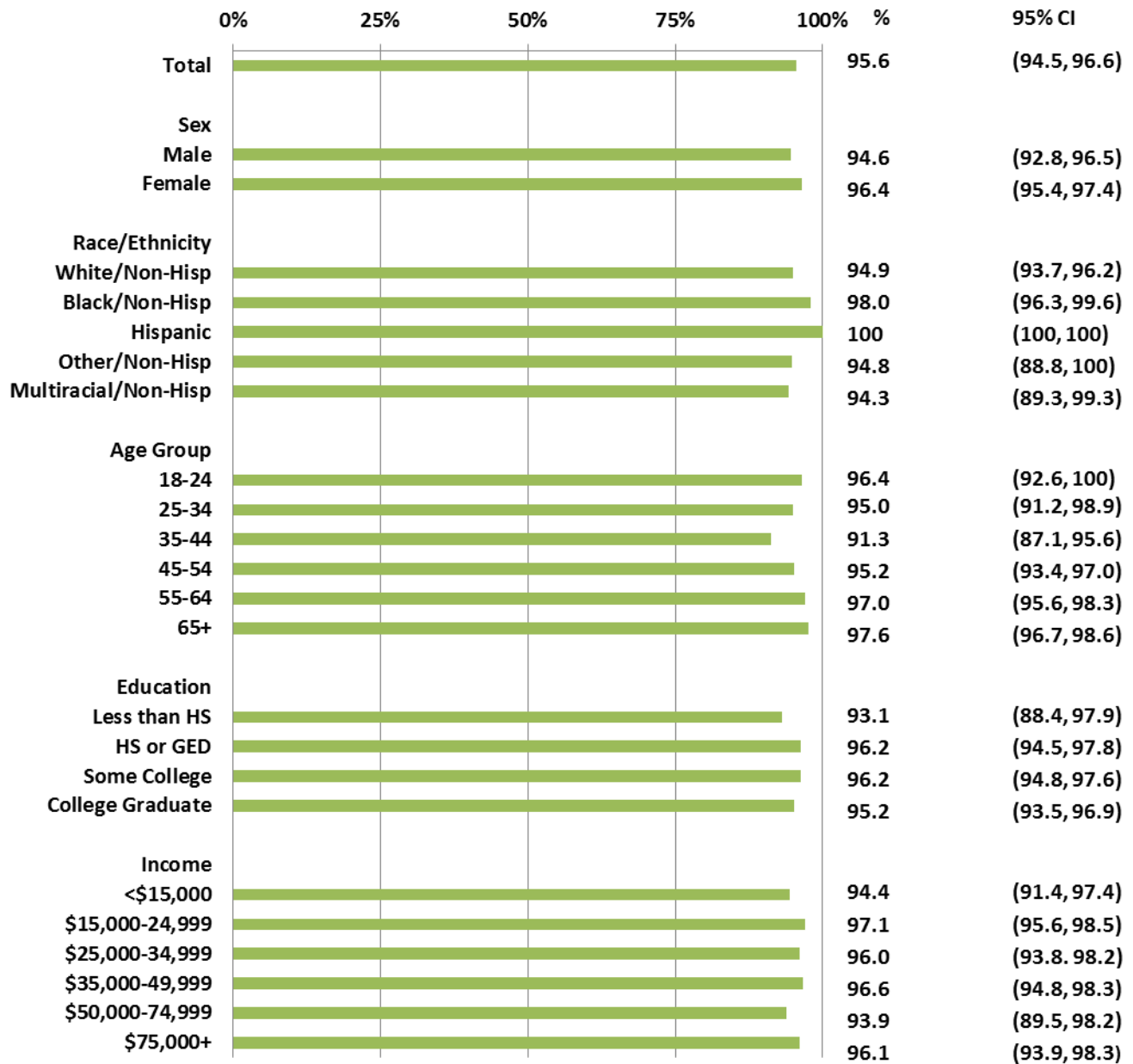
This question is only asked if the respondent answered to “yes” to ever having had their cholesterol checked. Possible response are “within the past year,” “within past 2 years,” “within past 5 years,” or “5 or more year ago.” For the sake of these analyses, this question was dichotomized to either having had a cholesterol check within the past 5 years versus more than 5 years.

Key Findings

- Tennessee statewide: More than 9 out of 10 (95.6%) Tennesseans who have ever had their cholesterol checked had it checked within the last 5 years.
- Sex: No significant difference was observed between men and women.
- **Race/ethnicity: Black non-Hispanics were more likely to have had their cholesterol checked within the last 5 years than white non-Hispanics.**
- Age: No significant difference was observed among age groups.
- Education: No significant difference was observed among levels of education.
- Income: No significant difference was observed among levels of income.

***Bold text** indicates statistical significance

Tennesseans who have had their Cholesterol Tested within Past 5 Years, 2016



Tennesseans with High Cholesterol

TN BRFSS asks:

Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?

SAS Variables Used

TOLDHI2

Dispositions

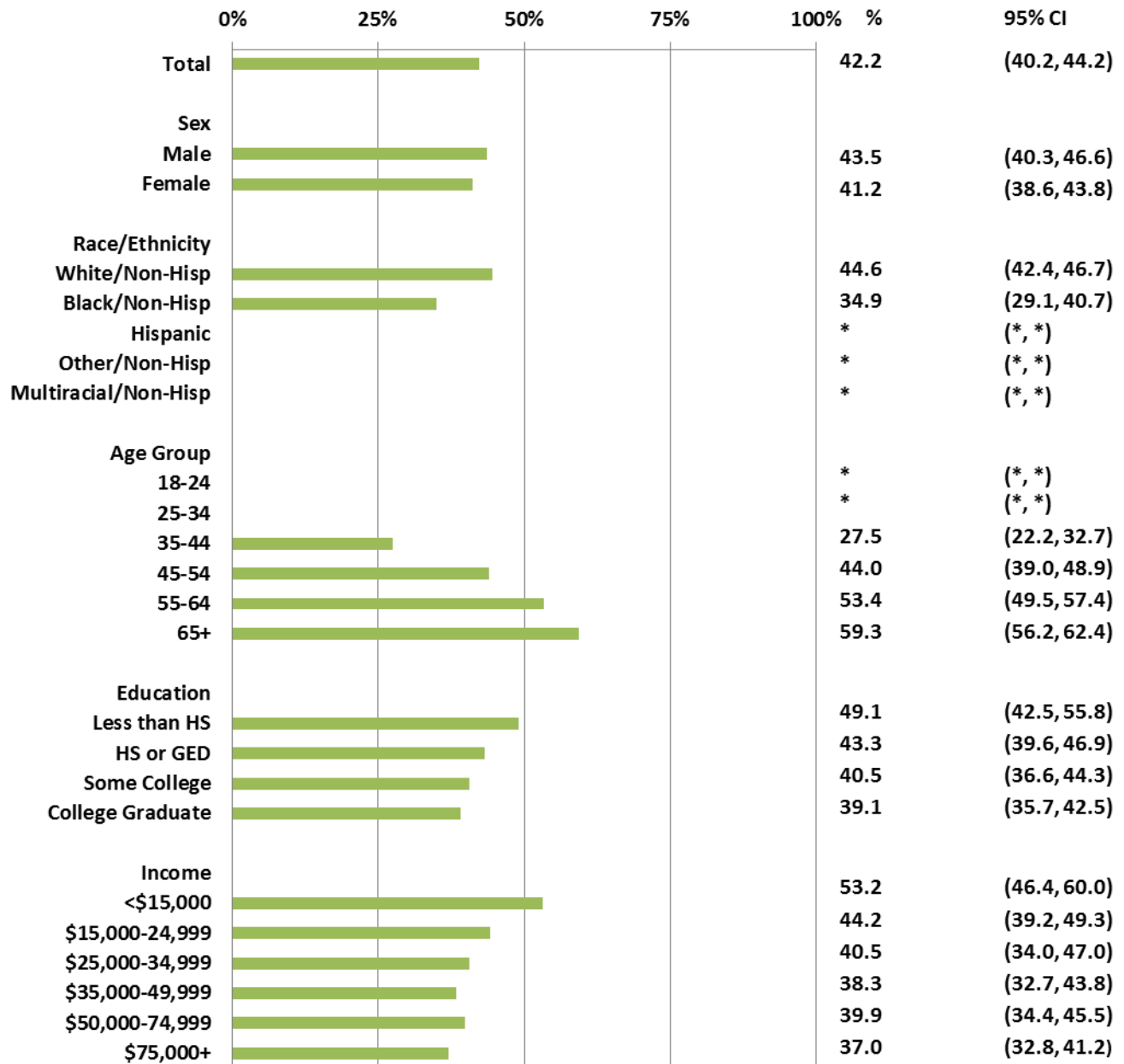
This question is only asked if the respondent answered to “yes” to ever having had their cholesterol checked. The question allows a “yes” or “no” choice for the respondent. All responses for “yes” are included in these results.

Key Findings

- Tennessee statewide: About 2 in 5 (42.2%) Tennesseans who have had their cholesterol checked had high cholesterol.
- Sex: No significant difference was observed between men and women.
- **Race/ethnicity: White non-Hispanics were more likely to have high cholesterol than black non-Hispanics.**
- **Age: Tennesseans aged 45 years and older were more likely to have high cholesterol than those younger than 45 years.**
- Education: Tennesseans with more education were less likely to have high cholesterol.
- **Income: Tennesseans earning less than \$15,000 per year were more likely to have high cholesterol than those earning more than \$35,000 per year.**

***Bold text** indicates statistical significance

Tennesseans with High Cholesterol, 2016



Adverse Childhood Experiences

These questions ask about the experiences the respondent has had before the time they were 18 years of age.

1. Living with someone who was depressed
2. Living with an alcoholic
3. Living with an illegal drug user
4. Living with someone who had been in prison
5. Living with a divorced family
6. Living with adults who beat each other
7. Living with adults who beat you
8. Living with adults who swore or were verbally abusive
9. Living with adults who touched you sexually
10. Living with adults who had you touch them sexually
11. Living with adults who forced you to have sex

Tennesseans who Lived with Someone who was Depressed, Mentally Ill, or Suicidal

TN BRFSS asks:

Did you live with anyone who was depressed, mentally ill, or suicidal?

SAS Variables Used

ACEDEPRS

Dispositions

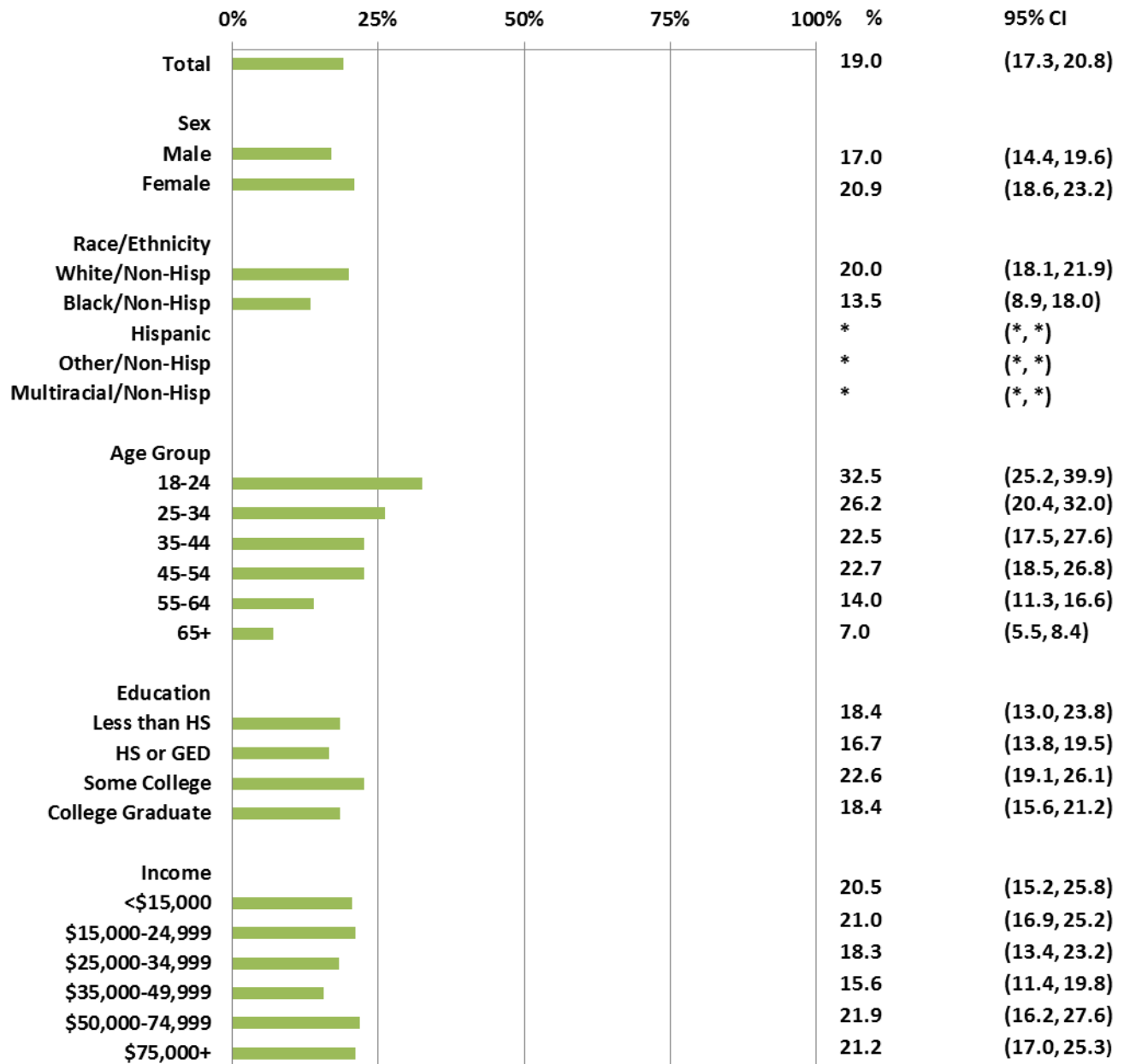
The question allows a “yes” or “no” choice for the respondent. All responses for “yes” are included in these results.

Key Findings

- Tennessee statewide: About 1 in 5 (19.0%) Tennesseans lived with someone who was depressed, mentally ill, or suicidal.
- Sex: Women were more likely to have lived with someone who was depressed, mentally ill, or suicidal than men.
- **Race/ethnicity: White non-Hispanics were more likely to have lived with someone who was depressed, mentally ill, or suicidal than black non-Hispanics.**
- **Age: Tennesseans under the age of 55 years were more likely to have lived with someone who was depressed, mentally ill, or suicidal than those 55 years and older.**
- Education: No significant difference was observed among levels of education.
- Income: No significant difference was observed among levels of income.

***Bold text** indicates statistical significance

Tennesseans who Lived with Someone who was Depressed, Mentally Ill, or Suicidal, 2016



Tennesseans who Lived with Someone who was a Problem Drinker or Alcoholic

TN BRFSS asks:

Did you live with anyone who was a problem drinker or alcoholic?

SAS Variables Used

ACEDRINK

Dispositions

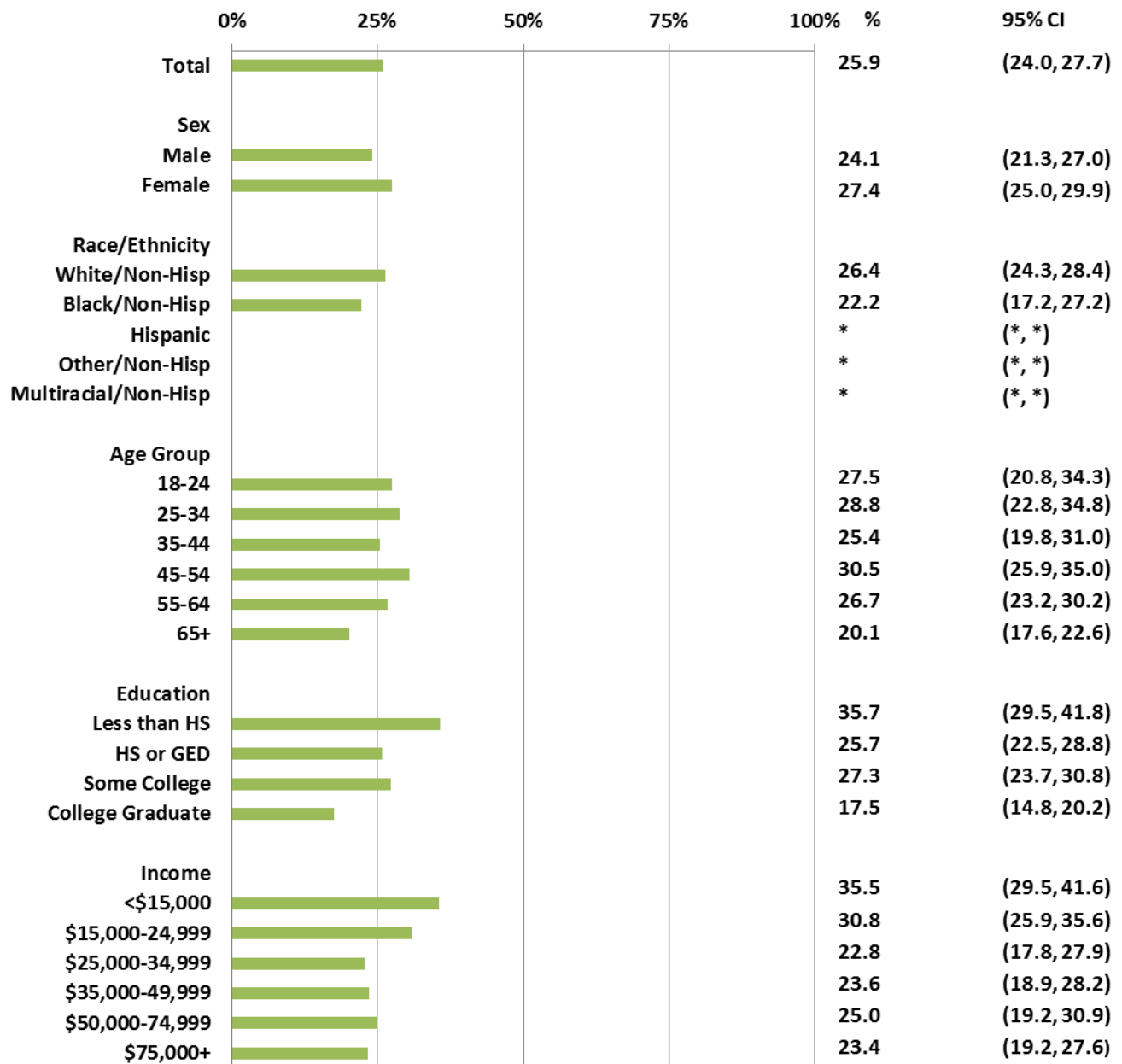
The question allows a “yes” or “no” choice for the respondent. All responses for “yes” are included in these results.

Key Findings

- Tennessee statewide: About 1 in 4 (25.9%) Tennesseans lived with someone who was a problem drinker or alcoholic.
- Sex: Women were more likely to have lived with someone who was a problem drinker or alcoholic than men.
- Race/ethnicity: White non-Hispanics were more likely to have lived with someone who was a problem drinker or alcoholic than black non-Hispanics.
- **Age: Tennesseans aged 65 years and older were less likely to have lived with someone who was a problem drinker or alcoholic than those aged 45-64 years.**
- **Education: College graduates were less likely to have lived with someone who was a problem drinker or alcoholic than those with less than a college degree.**
- Income: Tennesseans earning less than \$15,000 per year were more likely to have lived with someone who was a problem drinker or alcoholic than those making more.

***Bold text** indicates statistical significance

Tennesseans who Lived with Someone who was a Problem Drinker or Alcoholic, 2016



Tennesseans who Lived with Someone who Used Illegal Street Drugs or Abused Prescription Medications

TN BRFSS asks:

Did you live with anyone who used illegal street drugs or abused prescription medications?

SAS Variables Used

ACEDRUGS

Dispositions

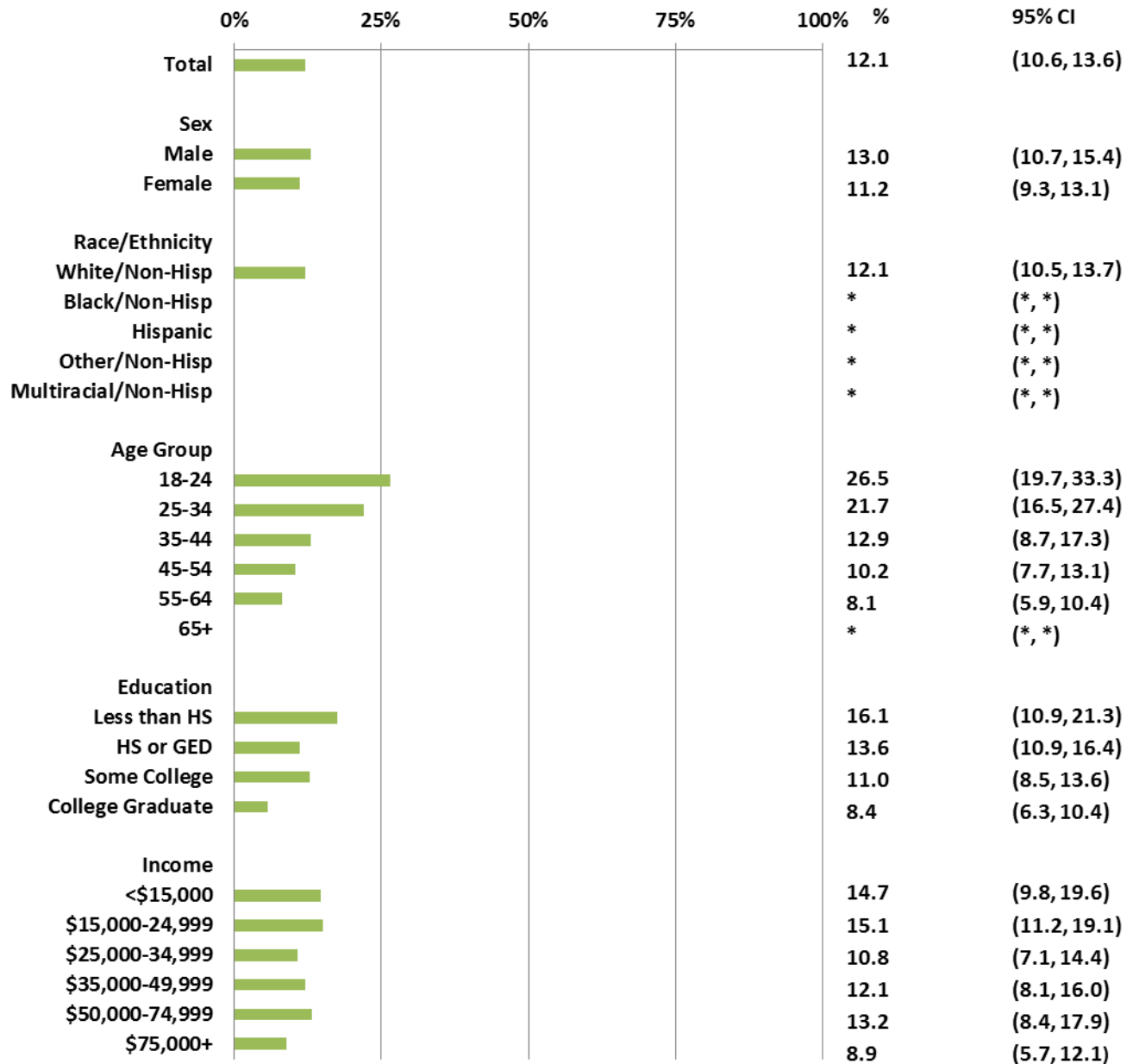
The question allows a “yes” or “no” choice for the respondent. All responses for “yes” are included in these results.

Key Findings

- Tennessee statewide: About 1 in 10 (12.1%) Tennesseans lived with someone who used illegal street drugs or abused prescription medications.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- **Age: Older Tennesseans were less likely to have lived with someone who used illegal street drugs or abused prescription medications than younger Tennesseans.**
- **Education: College graduates were less likely to have lived with someone who used illegal street drugs or abused prescription medications than those with a high school diploma or less.**
- Income: No significant difference was observed among levels of income.

***Bold text** indicates statistical significance

Tennesseans who Lived with Someone who Used Illegal Street Drugs or Abused Prescription Medications, 2016



Tennesseans who Lived with Someone who Served Time or was Sentenced to Serve Time in Prison, Jail, or Other Correctional Facility

TN BRFSS asks:

Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?

SAS Variables Used

ACEPRISN

Dispositions

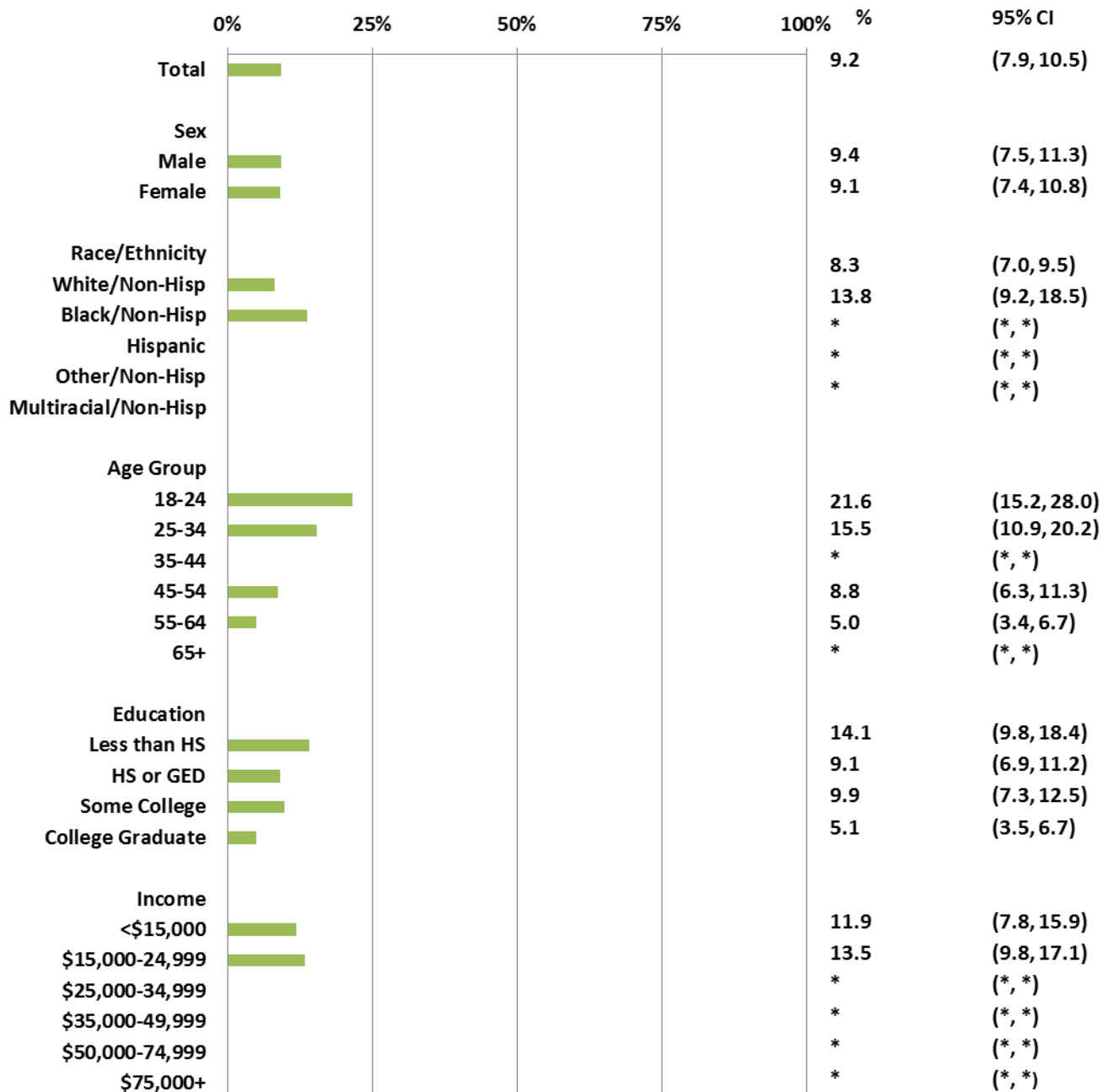
The question allows a “yes” or “no” choice for the respondent. All responses for “yes” are included in these results.

Key Findings

- Tennessee statewide: Less than 1 in 10 (9.2%) Tennesseans lived with someone who served time in a correctional facility.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: Black non-Hispanics were more likely to have lived with someone who served time in a correctional facility than white non-Hispanics.
- **Age: Older Tennesseans were less likely to have lived with someone who served time in a correctional facility than younger Tennesseans.**
- **Education: College graduates were less likely to have lived with someone who served time in a correctional facility than those with less than a college degree.**
- Income: No difference was observed among income groups as all but two groups were suppressed due to insufficient sample size.

***Bold text** indicates statistical significance

Tennesseans who Lived with Someone who Served Time or was Sentenced to Serve Time in Prison, Jail, or Other Correctional Facility, 2016



Tennesseans with Separated or Divorced Parents

TN BRFSS asks:

Were your parents separated or divorced?

SAS Variables Used

ACEDIVRC

Dispositions

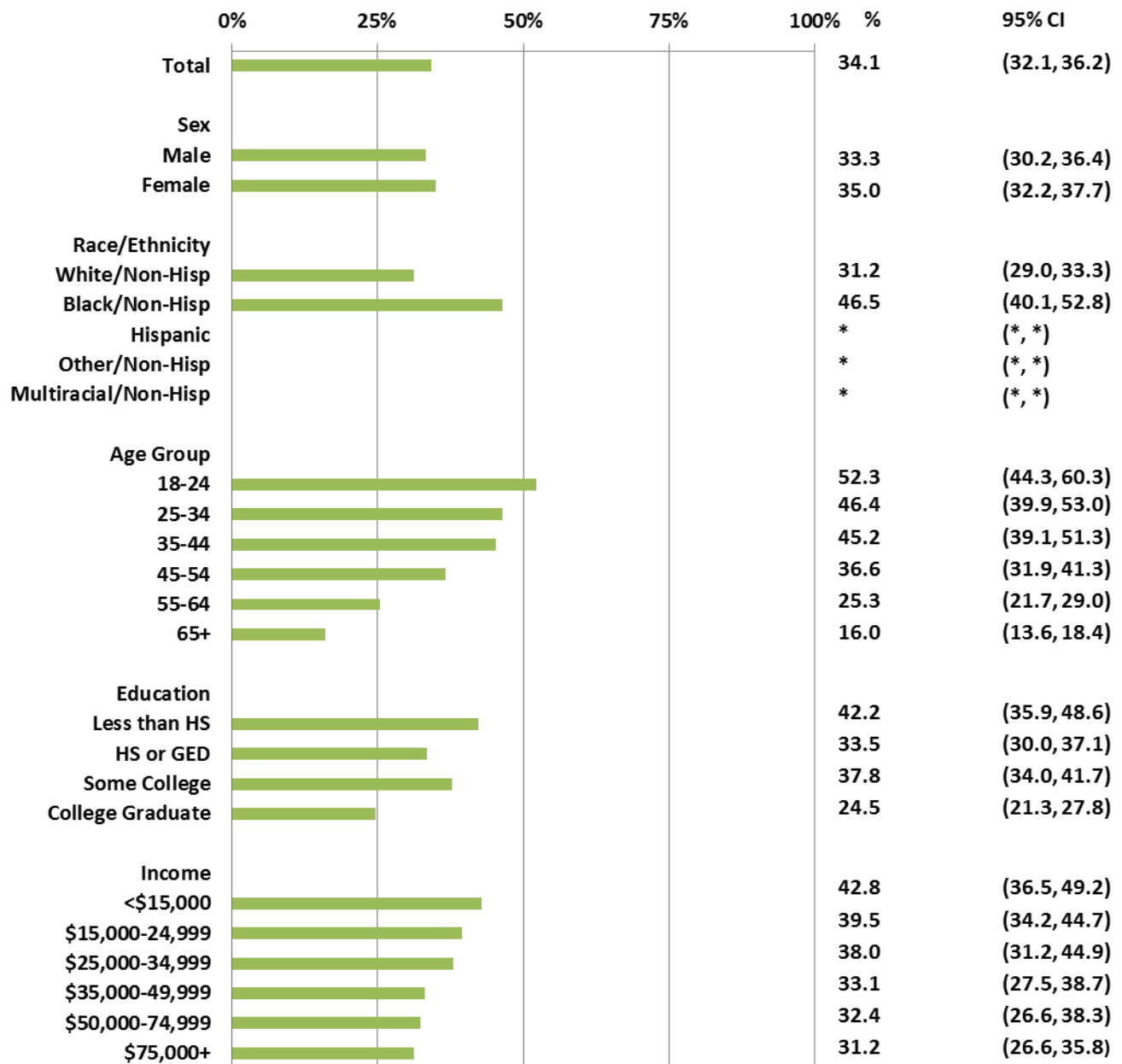
The question allows the respondent to answer “yes,” “no,” or “never married.” All responses for “yes” or “no” are included in these results and those with parents who were never married were excluded from the analyses.

Key Findings

- Tennessee statewide: More than 1 in 3 (34.1%) Tennesseans had divorced or separated parents.
- Sex: No significant difference was observed between men and women.
- **Race/ethnicity: Black non-Hispanics were more likely to have divorced or separated parents than white non-Hispanics.**
- **Age: Tennesseans aged 55 years or older were less likely to have divorced or separated parents than those less than 55 years of age.**
- **Education: College graduates were less likely to have divorced or separated parents than those with less than a college degree.**
- **Income: Tennesseans with incomes of \$75,000 or more per year were less likely to have divorced parents than those with incomes lower than \$15,000 per year.**

***Bold text** indicates statistical significance

Tennesseans with Separated or Divorced Parents (Excluding Those Never Married), 2016



Tennesseans with Parents who Slapped, Hit, Punched, or Beat Each Other Up

TN BRFSS asks:

How often did your parents or adults in your home ever slap, hit, punch, or beat each other up?

SAS Variables Used

ACEPUNCH

Dispositions

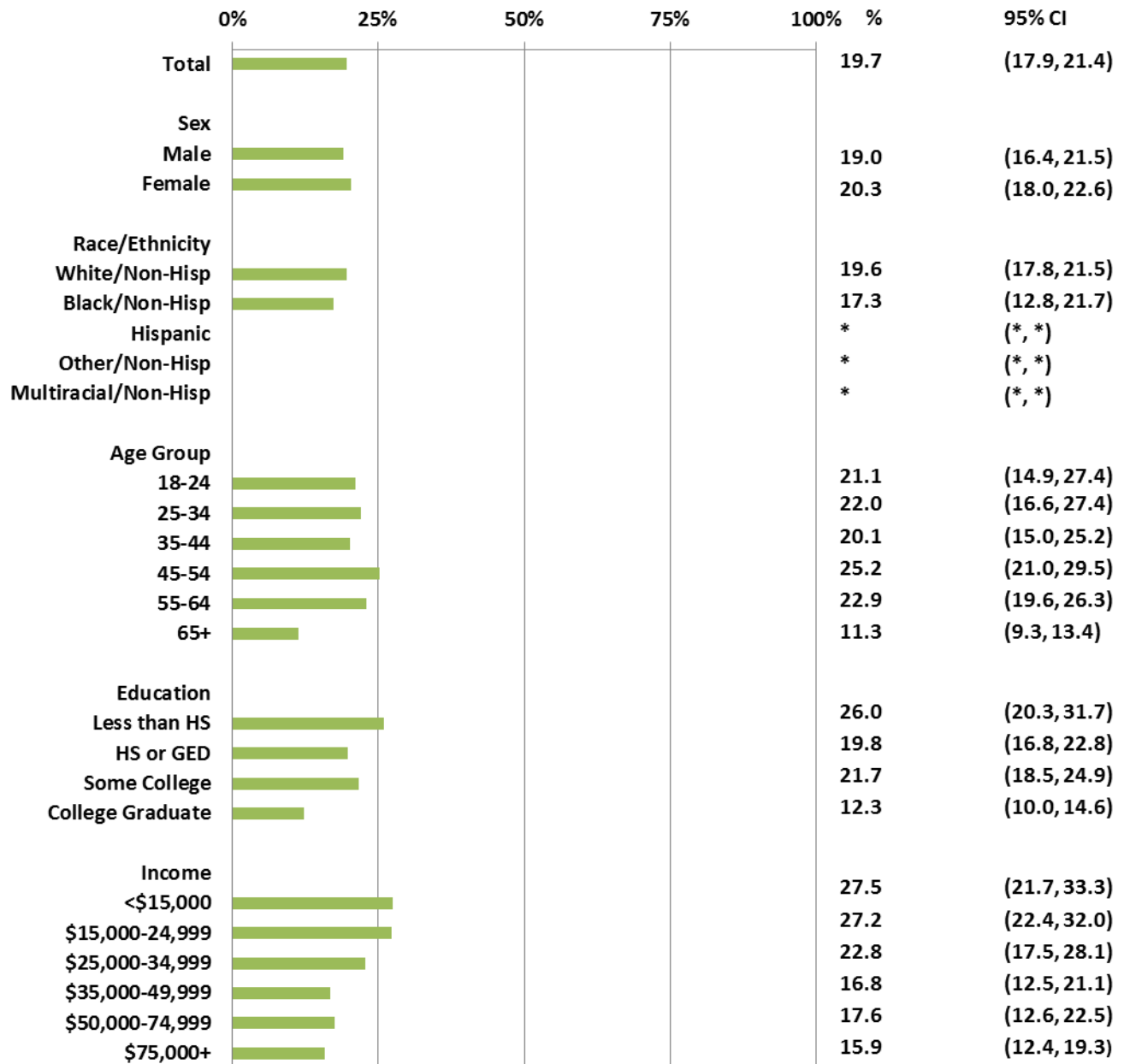
The question allows the respondent to answer “never,” “once,” or “more than once.” All responses for “more than once choice” and “once” were counted as “yes” and “never” was counted as “no.”

Key Findings

- Tennessee statewide: Almost 1 in 5 (19.7%) Tennesseans had parents who physically abused each other.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- **Age: Tennesseans aged 65 years and older were less likely to have parents who abused each other than those younger than 65 years.**
- **Education: College graduates were less likely to have parents who abused each other than those with less than a college degree.**
- **Income: Tennesseans earning \$75,000 or more per year were less likely to have parents who abused each other than those earning less than \$25,000 per year.**

***Bold text** indicates statistical significance

Tennesseans with Parents who Slapped, Hit, Punched, or Beat Each Other Up, 2016



Tennesseans with Parents who Hit, Kick, Beat, or Hurt Them

TN BRFSS asks:

How often did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Do not include spanking.

SAS Variables Used

ACEHURT

Dispositions

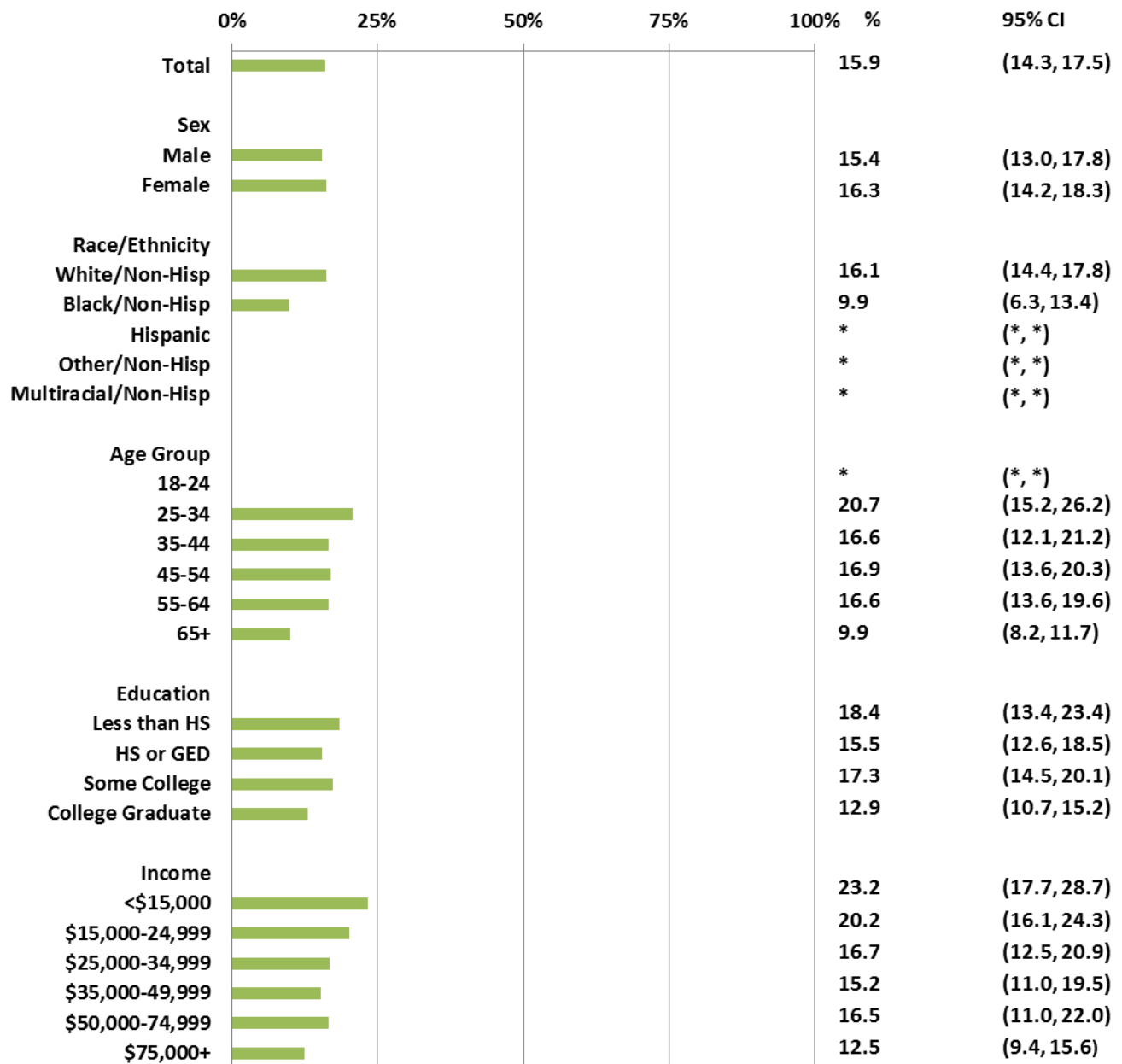
The question allows the respondent to answer “never,” “once,” or “more than once.” All responses for “more than once choice” and “once” were counted as “yes” and “never” was counted as “no.”

Key Findings

- Tennessee statewide: More than 1 in 7 (15.9%) Tennesseans had a parent who hit, kick, beat, or hurt them.
- Sex: No significant difference was observed between men and women.
- **Race/ethnicity: Black non-Hispanics were less likely to have parents who hit, kick, beat, or hurt them than white non-Hispanics.**
- **Age: Tennesseans aged 65 years and older were less likely to have parents who hit, kick, beat, or hurt them than those aged 25-64 years.**
- Education: No significant difference was observed among levels of education.
- **Income: Tennesseans earning \$75,000 or more per year were less likely to have parents who hit, kick, beat, or hurt them than those earning less than \$25,000 per year.**

***Bold text** indicates statistical significance

Tennesseans with Parents who Hit, Kick, Beat, or Hurt Them, 2016



Tennesseans with Parents who Swore at Them or Put Them Down

TN BRFSS asks:

How often did a parent or adult in your home ever swear at you or put you down?

SAS Variables Used

ACESWEAR

Dispositions

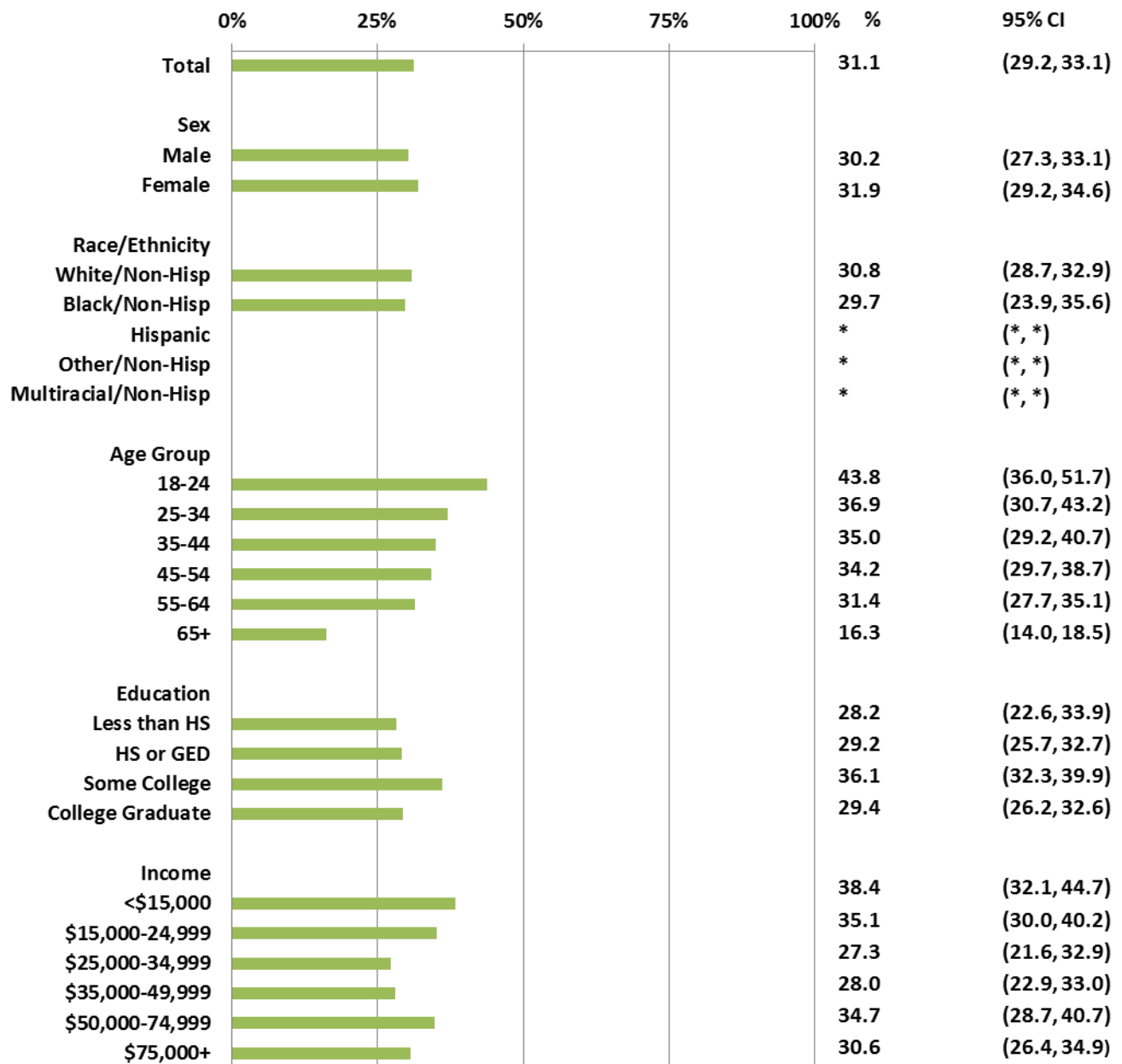
The question allows the respondent to answer “never,” “once,” or “more than once.” All responses for “more than once choice” and “once” were counted as “yes” and “never” was counted as “no.”

Key Findings

- Tennessee statewide: Almost 1 in 3 (31.1%) Tennesseans had a parent who swore at them or put them down.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- **Age: Tennesseans aged 65 years and older were less likely to have had a parent who swore at them or put them down than those younger than 65 years.**
- Education: No significant difference was observed among levels of education.
- Income: No significant difference was observed among levels of income.

***Bold text** indicates statistical significance

Tennesseans with Parents who Swore at Them or Put Them Down, 2016



Tennesseans who were Touched Sexually by Someone at Least 5 Years Older

TN BRFSS asks:

How often did anyone at least 5 years older than you or an adult ever touch you sexually?

SAS Variables Used

ACETOUCH

Dispositions

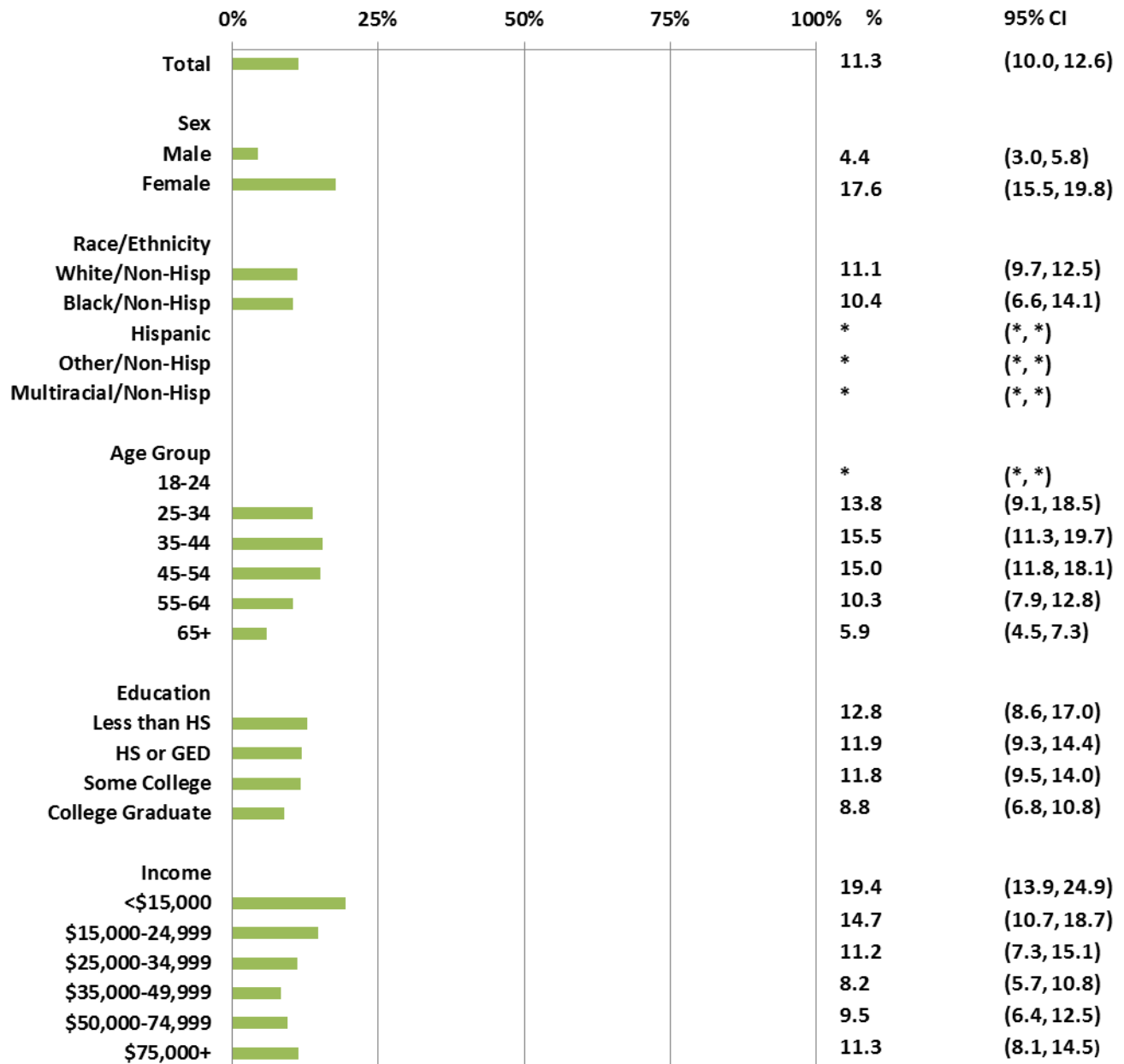
The question allows the respondent to answer “never,” “once,” or “more than once.” All responses for “more than once choice” and “once” were counted as “yes” and “never” was counted as “no.”

Key Findings

- Tennessee statewide: About 1 in 10 (11.3%) Tennesseans were touched sexually by someone at least 5 years older.
- **Sex: Women were more likely to have been touched sexually by someone at least 5 years older than men.**
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- **Age: Tennesseans aged 65 years and older were less likely to have been touched sexually by someone 5 years or older than those younger than 65 years.**
- Education: No significant difference was observed among levels of education.
- Income: Tennesseans earning under \$15,000 per year were the most likely to have been touched sexually by someone 5 years or older.

***Bold text** indicates statistical significance

Tennesseans who were Touched Sexually by Someone at Least 5 Years Older, 2016



Tennesseans who were Asked by Someone at Least 5 Years Older to Touch Them in a Sexual Manner

TN BRFSS asks:

How often did anyone at least 5 years older than you or an adult try to make you touch them sexually?

SAS Variables Used

ACETTHEM

Dispositions

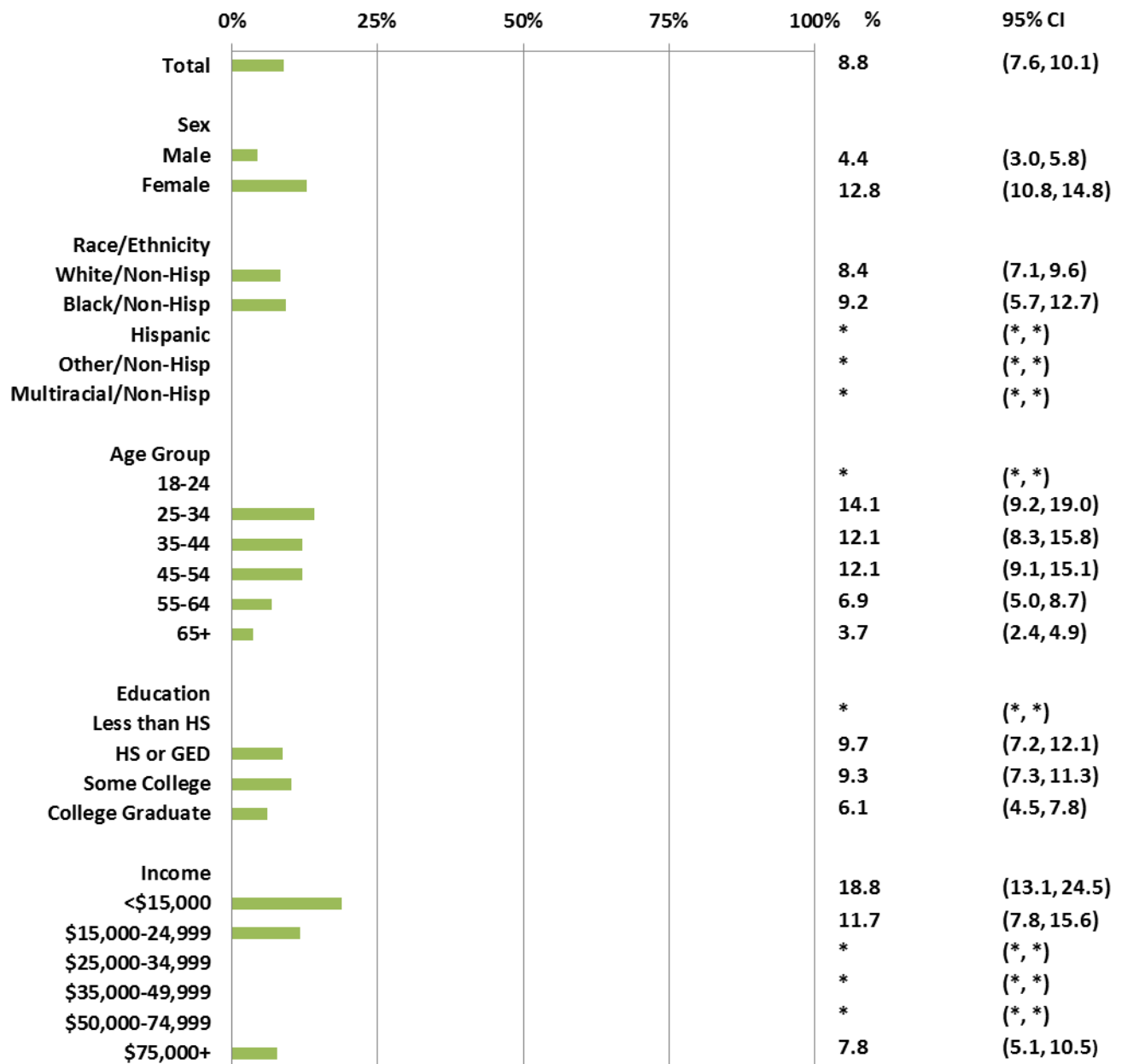
The question allows the respondent to answer “never,” “once,” or “more than once.” All responses for “more than once choice” and “once” were counted as “yes” and “never” was counted as “no.”

Key Findings

- Tennessee statewide: Almost 1 in 10 (8.8%) Tennesseans were asked by someone at least 5 years older to touch them in a sexual manner.
- **Sex: Women were more likely to have been asked by someone at least 5 years older to touch them in a sexual manner than men.**
- Race/ethnicity: No significant difference was observed among race/ethnicity groups.
- **Age: Tennesseans aged 65 years and older were less likely to have been asked by someone at least 5 years older to touch them in a sexual manner than those younger than 65 years.**
- Education: College graduates were less likely to have been asked by someone at least 5 years older to touch them in a sexual manner than those with less than a college degree.
- **Income: Tennesseans earning less than \$15,000 per year were more likely to have been asked by someone at least 5 years older to touch them in a sexual manner than those earning \$75,000 or more per year.**

***Bold text** indicates statistical significance

Tennesseans who were Asked by Someone at Least 5 Years Older to Touch Them in a Sexual Manner, 2016



Tennesseans who were Forced to have Sex with Someone at Least 5 Years Older

TN BRFSS asks:

How often did anyone at least 5 years older than you or an adult force you to have sex?

SAS Variables Used

ACEHVSEX

Dispositions

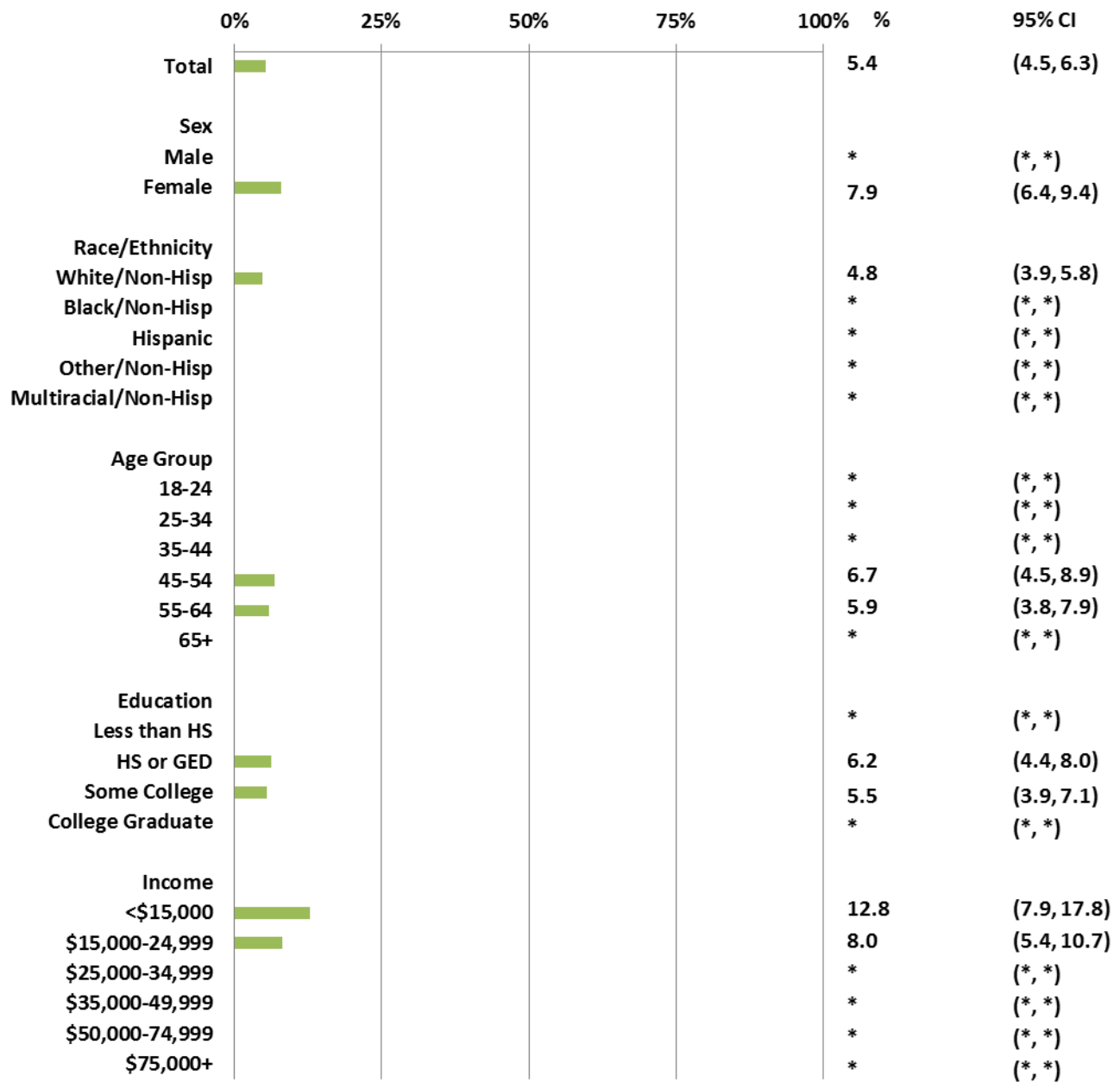
The question allows the respondent to answer “never,” “once,” or “more than once.” All responses for “more than once choice” and “once” were counted as “yes” and “never” was counted as “no.”

Key Findings

- Tennessee statewide: About 1 in 20 (5.4%) Tennesseans were forced to have sex by someone at least 5 years older.
- Sex: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Race/ethnicity: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Age: No significant difference between the non-suppressed age groups.
- Education: No significant difference between the non-suppressed levels of education.
- Income: No significant difference between the non-suppressed levels of income.

***Bold text** indicates statistical significance (Note: No statistical significance observed.)

Tennesseans who were Forced to have Sex with Someone at Least 5 Years Older, 2016



Veterans Health

This question was only asked of respondents who answered that they served in the US armed forces.

1. Serving in a combat or war zone

Tennesseans who Served in a Combat or War Zone

TN BRFSS asks:

Did you ever serve in a combat or war zone?

SAS Variables Used

VHCOMBAT

Dispositions

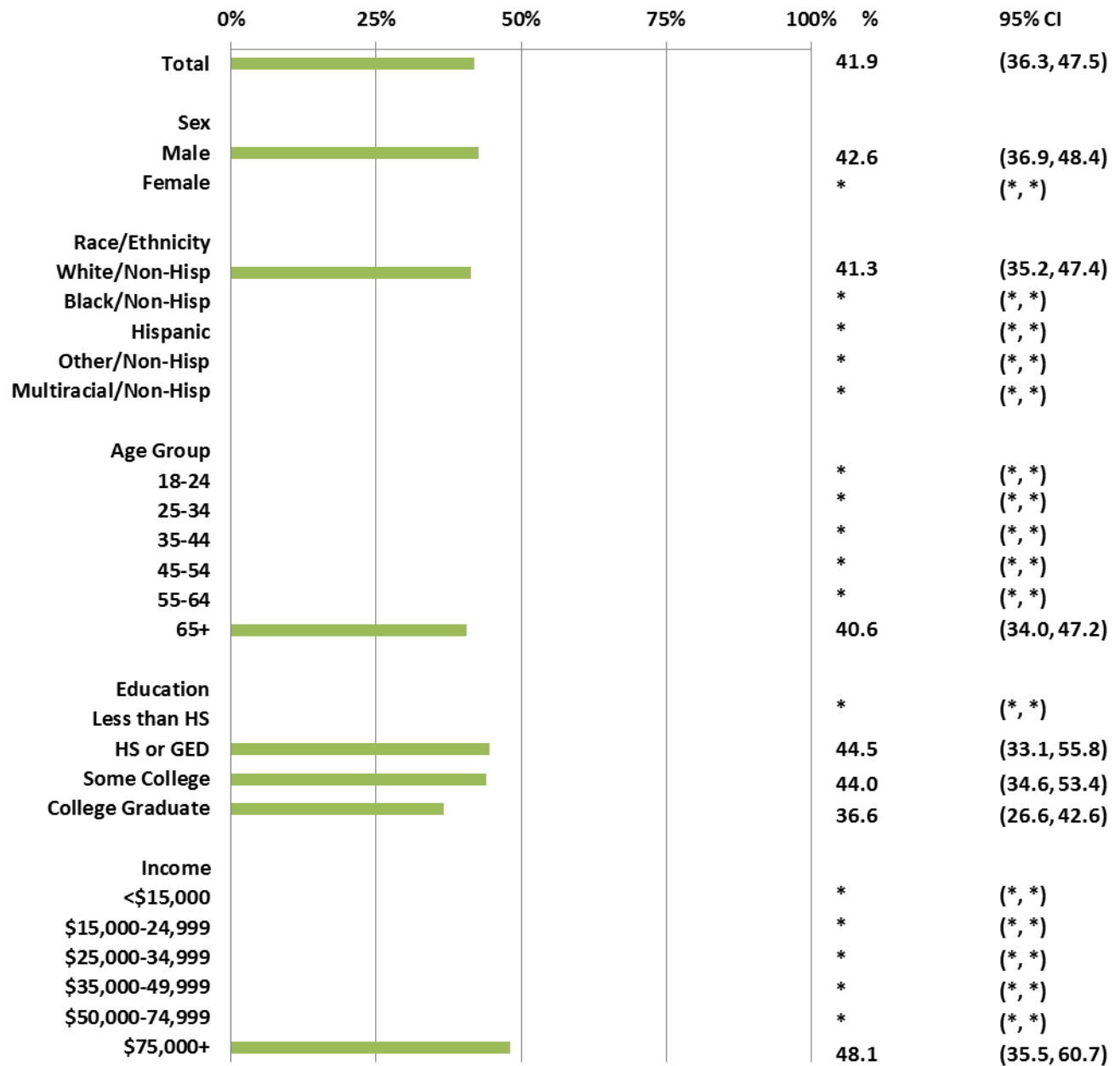
The question allows a “yes” or “no” choice for the respondent. All responses for “yes” are included in these results. Only respondents who previously said they had served in the armed services were asked this question.

Key Findings

- Tennessee statewide: More than 2 out of 5 (41.9%) veterans served in a combat or war zone.
- Sex: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Race/ethnicity: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Age: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.
- Education: College graduates were less likely to have served in combat or war zone than those with less than a college degree.
- Income: No comparisons available as statistics for all but one group were suppressed due to insufficient sample size.

***Bold text** indicates statistical significance (Note: No statistical significance observed.)

Tennesseans who Served in a Combat or War Zone, 2016



Prescription Drug Abuse

1. Prescription drug abuse

Tennesseans who have Abused Prescription Drugs

TN BRFSS asks:

In the last 12 months, have you taken any prescription pain relievers or tranquilizers including (Codeine, morphine, Lortab, Vicodin, Tylenol #3, Percocet, OxyContin) when it was NOT prescribed to you by a doctor, dentist, nurse practitioner, or other healthcare provider? We only want to know about prescription medication NOT medication that is available over the counter.

SAS Variables Used

DUPAIN

Dispositions




The question allows a “yes” or “no” choice for the respondent. All responses for “yes” are included in these results.

Key Findings

- Tennessee statewide: Almost 3 out of 100 (2.9%) Tennesseans abused prescription drugs.
- Sex: No significant difference was observed between men and women.
- Race/ethnicity: No comparisons available as groups were suppressed due to insufficient sample size.
- Age: No comparisons available as groups were suppressed due to insufficient sample size.
- Education: No comparisons available as groups were suppressed due to insufficient sample size.
- Income: No comparisons available as groups were suppressed due to insufficient sample size.

***Bold text** indicates statistical significance (Note: No statistical significance observed.)

Tennesseans who have Abused Prescription Drugs, 2016

	0%	25%	50%	75%	100%	%	95% CI
Total						2.9	(2.1, 3.8)
Sex							
Male						3.0	(1.9, 4.1)
Female						2.9	(1.6, 4.1)
Race/Ethnicity							
White/Non-Hisp						2.5	(1.8, 3.2)
Black/Non-Hisp						*	(*, *)
Hispanic						*	(*, *)
Other/Non-Hisp						*	(*, *)
Multiracial/Non-Hisp						*	(*, *)
Age Group							
18-24						*	(*, *)
25-34						*	(*, *)
35-44						*	(*, *)
45-54						*	(*, *)
55-64						*	(*, *)
65+						*	(*, *)
Education							
Less than HS						*	(*, *)
HS or GED						*	(*, *)
Some College						*	(*, *)
College Graduate						*	(*, *)
Income							
<\$15,000						*	(*, *)
\$15,000-24,999						*	(*, *)
\$25,000-34,999						*	(*, *)
\$35,000-49,999						*	(*, *)
\$50,000-74,999						*	(*, *)
\$75,000+						*	(*, *)